



## NEUROTHERAPY CENTER OF VIRGINIA BEACH

*treating the cause, not the symptoms...*

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*BCIA- Board Certified in Neurofeedback*

#### **There is not a lot of preparation for Brain Mapping (qEEG) but here are some important considerations:**

- Have the day be as “normal” a day as possible. For example, do not schedule to start an exercise program, give up or start smoking, or have a fight with your teacher or boss on that day.
- Get a good night’s sleep the night before your qEEG.
- Do not go on or off medications that day. If a physician has you tapering or starting medication, it may be better to postpone your qEEG, please check with us if this is the case.
- Clients who take medications should consult their prescribing physician to see if it is safe for them to abstain from taking medication on the morning of the qEEG.
- Do not take any over-the-counter medications on the day of you qEEG. If you do, please let us know.
- Washing your hair 3 times just prior to the qEEG will make the procedure easier and faster. However, make certain your hair is dry, not braided, and do not use conditioner or styling products on the day of the qEEG. Be sure your hair is both clean and dry.
- You should eat a healthy diet that day of your qEEG. It is best not to have anything to eat two hours prior to your qEEG. If you have to eat, make it something light.
- Avoid caffeine and foods or drinks heavy in refined sugar (sucrose) the day of your qEEG.
- Do not drink alcohol or use marijuana at least 3 days prior to the test.
- Nicotine should be avoided 3 hours prior to your session.
- Contact lens can cause blinking or discomfort during the qEEG, so please bring contact solution and a case to take them out if necessary.
- Please no jewelry on your neck or ears, and do not wear any makeup on the forehead or ear lobes.

#### **On the day of your qEEG**

- Please bring a list of any medications taken regularly along with the dosage. Also let the therapist know the last time the medication was taken before the qEEG.
- Plan to spend 60-90 minutes at the office.
- Combing your hair with a sharp-toothed comb all over the head will make the procedure go quicker. You can even bring one to the office.

**DO NOT TAKE STIMULANT MEDICATION THE DAY OF THE BRAIN MAP.  
Please take all other medications as prescribed.**

Thank you and we are looking forward to providing you with the best service possible!

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